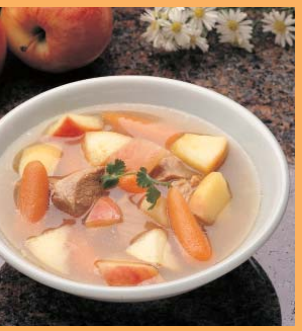
VISIT…

每日多蔬果，健康屬於我！

Eat Fruits & Vegetables Everyday, Stay Healthy All The Way!



Photography by: Rosa To

Highlighting the Dietary Guidelines for Americans 2005

特別推介 2005 年美國飲食指引

健康蔬果美食

Healthy Chinese Cuisine

Using Fruits and Vegetables

Foreword

Being overweight and obese has become a major health problem in California, including our Chinese community. According to the California Behavioral Risk Factor Survey[1], over forty percent of Asian American males, and thirty percent of females in California are overweight!. This has led to an increase in such diet-related disorders as diabetes, obesity, and high blood pressure.*

Eighty percent of Asian American children and fifty-six percent of Asian American adults are not eating enough fruits and vegetables[2, 3]. Eating at least 2 to 6½ cups of fruits and vegetables (depending on your age, gender and activity level), and getting 30 to 60 minutes of physical activity everyday, may help to lower our risk of becoming overweight and our risk of cancer, heart disease, Type 2 diabetes and obesity[4] .

This is the first booklet available in Chinese to help increase fruit and vegetable consumption and provide helpful tips on staying active. This easy method to improve intake of fruits and vegetables is enhanced by celebrity chef Martin Yan and nutritionist Catherine Wong from Chinatown Public Health Center, who share their secrets for healthy eating and cooking using authentic Chinese recipes.

I am pleased to recommend this well written and illustrated booklet that will help keep you healthy.

Sincerely,

Edward A. Chow, MD
San Francisco Health Commissioner
Executive Director, Chinese Community Health Care Association

(1) California Department of Health Services, Cancer Surveillance Section, California Behavioral Risk Factor Survey, 2004
(2) California Department of Health Services, Cancer Prevention and Nutrition Section, California Children's Eating & Exercise Practices, 2003
(3) California Department of Health Services, Cancer Prevention and Nutrition Section, the California Dietary Survey, 2003
(4) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, www.healthierus.gov/dietaryguidelines, accessed 8/22/05

* Asian American adult and child survey samples also include a small number of Pacific Islanders, American Indians, and people of mixed racial/ethnic background

序言

在加州，包括華人社區，身體過重與肥胖症已成爲主要的健康問題。加州生活習慣與患病因素調查顯示：百份之四十亞裔*男士和百份之三十亞裔*女士都屬身體過重[1]。身體過重可導致患上與飲食有關連的症狀例如：糖尿病、肥胖症、和高血壓。

研究亦指出百份之八十亞裔兒童及百份之五十六亞裔成年人的水果蔬菜進食量都不足夠[2,3]。如果每天最少進食2杯至6杯半的水果蔬菜，加上30至60分鐘的體力活動，便能減少身體過重、患癌、心臟病、第二型糖尿病和肥胖症的危機[4]。

這是第一本提供實用心得協助讀者多吃蔬果，並保持身體活躍的中文手冊。由名廚甄文達和營養師黃嘉慧向讀者分享他們的健康飲食與烹飪心得、提供中式食譜，多吃蔬果實在不難。

本人十分樂意推薦這本圖文並茂的手冊，祝您健康長壽。

三藩市健康委員
華美醫師協會行政總監
周兆年醫生

1 California Department of Health Services, Cancer Surveillance Section, California Behavioral Risk Factor Survey, 2004
2 California Department of Health Services, Cancer Prevention and Nutrition Section, California Children's Eating & Exercise Practices, 2003
3 California Department of Health Services, Cancer Prevention and Nutrition Section, the California Dietary Survey, 2003
4 U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, www.healthierus.gov/dietaryguidelines, accessed 8/22/05

* 亞裔包括亞洲及太平洋島嶼各族裔與及美國印第安人

Foreword

*Through the **5 a Day-for Better Health! Campaign,** we have worked to promote fruit and vegetable intake and increased physical activity for over 15 years. That is because eating nutritious foods, like fruits and vegetables, and being physically active, lowers the risk of cancer, Type 2 diabetes, stroke and unhealthy body weight. In addition, when you eat fruits and vegetables, like those found in the traditional Chinese diet, and stay active, you not only improve your physical health, but your mental and emotional health as well.*

Use this cookbook to help you prepare healthy and traditional home-cooked Chinese meals for you and your family. Look to the meal planning guide to see if your family is eating enough fruits and vegetables to promote good health. Refer to the physical activity suggestions to see how you and your family can include the daily physical activity that is so important in maintaining whole body wellness.

The traditional Chinese diet is a wonderful example of how fresh ingredients, like fruits and vegetables, can be combined for a flavorful and healthful meal. Use this cookbook to help you preserve those benefits and to reduce the risk of chronic disease. Look for more dietary information in the future specifically designed for the Asian American Pacific Islander community. Your health is worth preserving!

Sincerely,

Susan B. Foerster, MPH, RD,
Chief Cancer Prevention and Nutrition Section
Director, *California Nutrition Network for Healthy, Active Families*
California Department of Health Services

序言

十五年來，透過「*每日五蔬果–活得更健康 5 a Day – for Better Health! 計劃*」，我們致力提倡大眾多吃蔬果、多做體力活動。因爲營養飲食方式，例如吃水果蔬菜、保持體力活躍，能減低患癌、第二型糖尿病、中風、與及不適當的體重之可能性。此外，當您吃華人傳統飲食裡的各式蔬果、又保持體力活躍，您不但改善自己的身體，更關顧到精神與及心理方面的健康。

請您使用本書作參考，爲自己與家庭煮製健康的中式餐點。採取如何每日多吃蔬果的提示，確實您一家吃得到足夠的蔬果以保健康。參閱體力活動方面的建議，選擇合宜您一家每天做的體力活動，以確保各人整體的健康。

華人的傳統飲食完善地示範到如何以新鮮用料，如蔬果，配合調製出健康美味的餐膳。希望您善用本書，助您保留這些優點、減少患慢性疾病危機。注意日後將推出的專爲亞太裔社區設計的飲食資訊。您的健康誠然值得保留。

Susan B. Foerster

加州衛生署
加州健康活躍家庭營養網絡統籌
防癌營養組主任
Susan B. Foerster 公共衛生營養碩士、註冊營養師

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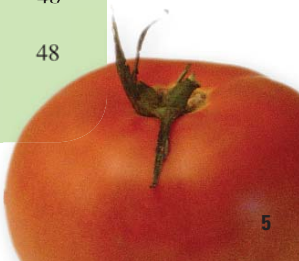


San Francisco Chinese 5 A Day Project

The San Francisco Chinese 5 A Day Project would like to present to you a colorful and flavorful way of healthy eating incorporated into Chinese cooking.

Healthy eating and active lifestyles are the primary ways to prevent major causes of chronic disease and death in the United States. Research shows that eating 2 to 6½ cups of fruits and vegetables (depending on your age, gender, and activity level), and getting at least 30 to 60 minutes of physical activity everyday may reduce the risk of many diseases such as certain cancers, heart disease, stroke, obesity and diabetes[5].

This booklet informs you of the latest Dietary Guidelines for Americans, health benefits of fruits and vegetables, the amount that you need to eat, and the healthier ways of cooking with fruits and vegetables. We have chosen the galloping horse for our project logo because it symbolizes health, strength and vitality for the Chinese.

Enjoy eating a variety of colors and flavors of fruits and vegetables, be active and change your family's lifestyle to lower the risk of many chronic diseases.

We wish you and your family an energetic and healthy life!

Sincerely,

Catherine Wong R.D., M.P.H.
Nutrition Manager
Chinatown Public Health Center
San Francisco Department of Public Health

三藩市華人每日五蔬果計劃
San Francisco Chinese 5 A Day Project

EAT FRUITS & VEGETABLES AND BE ACTIVE

(5) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, *www.healthierus.gov/dietaryguidelines*, accessed 8/22/05

三藩市華人每日五蔬果計劃

三藩市華人每日五蔬果計劃爲您介紹色彩繽紛、味道鮮美、有益健康的飲食方式，融入中式烹調當中。

在美國，健康飲食和活躍的生活方式是預防慢性疾病主因之首要渠道。研究顯示每日吃 2 杯至 6 杯半蔬果、加上做 30 至 60 分鐘體力活動，可能有助於減低許多疾病的患病危機如：肥胖症、某些癌症、心臟病、中風、和糖尿病[5]。

這本手冊爲您介紹美國衛生人文服務署和美國農業部最新推出的飲食指引、多吃蔬果的好處、每天應該吃多少、與及用蔬果入饌的健康烹調心得。我們選了駿馬作爲本計劃的標誌，因它代表健康、體力和活力。

希望您享用蔬果的色彩與鮮味、多做體力活動、改進您家庭的生活習慣、減低許多可預防的疾病之危機。

希望您和您的親人都享用色味鮮美的蔬果，活得健康，活得長壽！

華埠公共衛生局營養主任
黃嘉慧

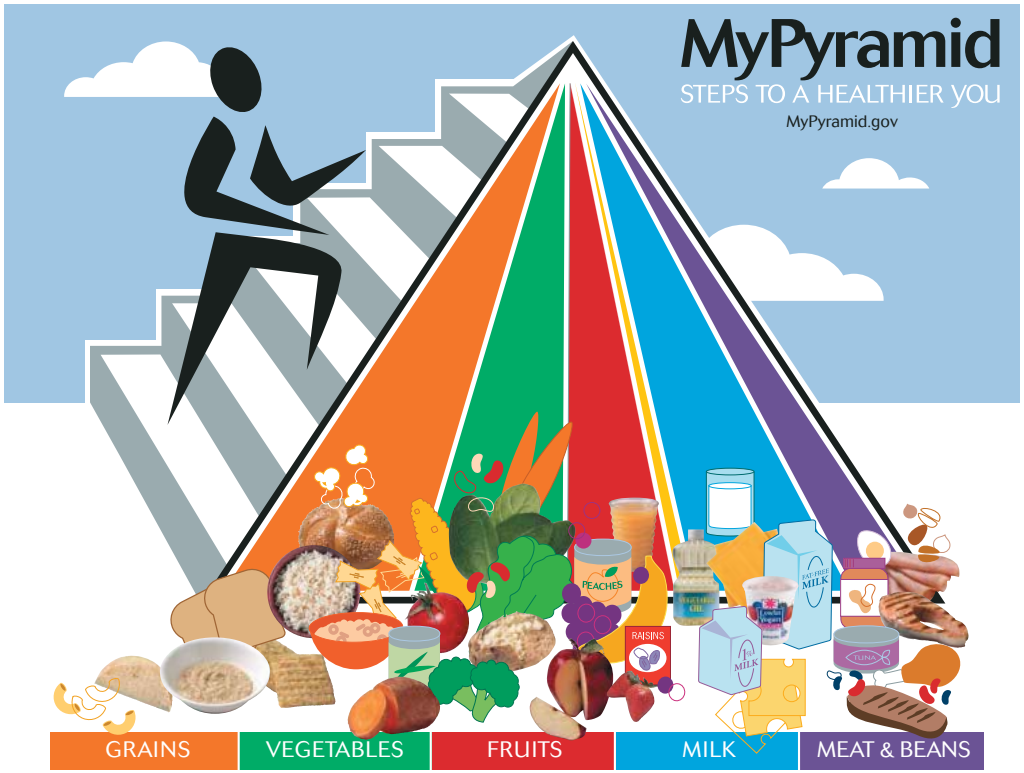
三藩市華人每日五蔬果計劃
San Francisco Chinese 5 A Day Project

EAT FRUITS & VEGETABLES AND BE ACTIVE

(5) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, *www.healthierus.gov/dietaryguidelines*, accessed 8/22/05

My Food Pyramid

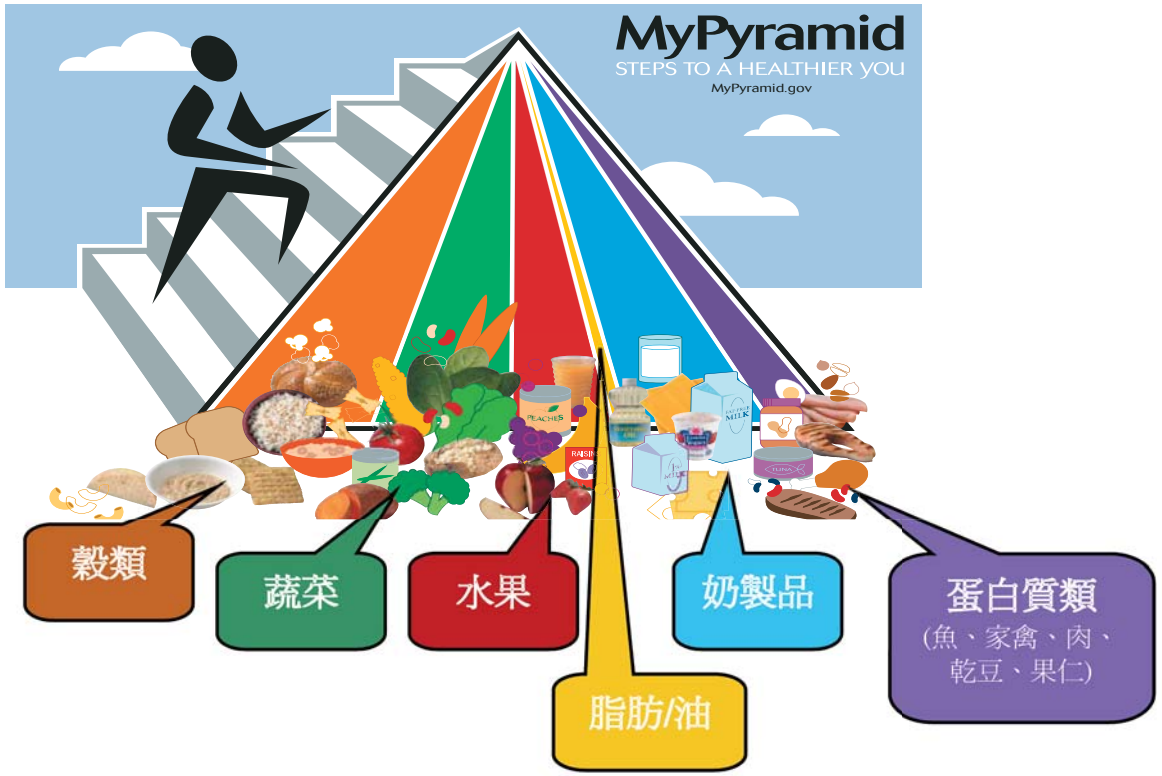
The new food pyramid is designed to help us make smart food choices, find balance between foods and physical activity and get the most nutrition out of our calories. This food pyramid offers healthy intake patterns. If you have access to the Internet, you can find out your own pyramid according to your age, gender and physical activity level. The web address is *www.MyPyramid.gov*.



Source: My Food Pyramid, USDA, 2005

我的食物金字塔

美國農業部最新推出的食物金字塔幫助我們明智地選擇飲食，並保持飲食與體力活動之間的平衡，從而在熱量範圍內攝取最多營養。這個食物金字塔提供健康的進食量模式。您可上網到 www.MyPyramid.gov，按您的年齡、性別、及體力活動量，查出適合您個人的食物金字塔。



資料來源: My Food Pyramid, USDA, 2005

What Should I Eat Everyday?

This is the recommendation for food intake and physical activity according to the new food pyramid and the dietary guidelines by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services in 2005.

GRAINS
Make half of your grains whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta everyday.

1 oz. is about:
- 1 slice of bread, or
- 1 cup of breakfast cereal, or
- ½ cup of cooked rice, cereal, or pasta

Eat 6 oz. every day

VEGETABLES
Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Eat more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Eat 2½ cups every day

FRUITS
Focus on fruits

Eat a variety of fruit.

Choose fresh, frozen, canned, or dried fruit.

Go easy on fruit juices.

Eat 2 cups every day

MILK
Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Get 3 cups every day

MEAT & BEANS
Go lean with protein

Choose low-fat or lean meats, poultry, and fish.

Bake it, broil it, or grill it.

Vary your protein routine – choose more beans, peas, nuts and seeds.

1 oz = a piece of meat, fish, or
skinless chicken the size
of a mahjong tile, or
1 egg, or
¼ cup tofu, or
¼ cooked dry beans

Eat 5½ oz. every day

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Find your balance between food and physical activity

- Stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain in adults.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugar, cholesterol and salt (sodium)

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans-fats, cholesterol, and sodium low.
- Choose food and beverages low in added sugar. Added sugar contributes calories with few, if any, nutrients.

Source: My Food Pyramid, USDA, 2005

我每天應該吃什麼?

以下是美國農業部與美國衛生人文服務署 2005 推出的飲食指引和食物金字塔提議的日常進食量。

穀類 一半應屬全穀類	蔬菜 吃多種蔬菜	水果 注重吃水果	奶類 進食鈣質食品	肉類和豆類 吃低脂肪蛋白質食物
每天至少吃 3 安士全穀類五穀片、 麵包、餅乾、米飯、或麵條。 1 安士 等於： • 1 片麵包 • 1 杯五穀片 • 半杯飯、麥片、或麵條。	多吃深綠葉青菜如：綠菜花(西蘭花)、菠菜、和其他綠葉青菜。 多吃橙色蔬菜如胡蘿蔔和甜薯。 多吃乾豆類如黃豆、腰豆、黑豆…	吃多種類水果。 選擇新鮮、冰凍、罐頭或乾果。 若喝果汁，應酌量。	選擇低脂肪牛奶、酸乳酪、和其他奶製品。 若不能吃奶製品，可選用無奶糖製品，或其他加鈣食品和飲品。	選瘦肉、雞、或魚。 用焗、烤、或燒的煮法。 吃不同類的蛋白質 — 多吃乾豆、豆仁、硬殼果、種子、與果仁。 1 安士大約是: 麻將牌大小的肉片、雞肉、或魚。 或 1 隻蛋、或¼杯豆腐、或¼杯熟乾豆。
每天 6 安士	**每天 2 杯半**	**每天 2 杯**	**每天 3 杯**	**每天 5 安士半**

每天需要 2000 卡路里(熱量)的人士，宜採用下列的進食量。請往 MyPyramid.gov 找出適合您個人的進食量。

飲食與體力活動應互相平衡

- 每天攝取自己需要範圍內的卡路里。
- 每星期儘量天天都做 30 分鐘以上的體力活動。
- 成年人若要避免增加體重，每天需要做 60 分鐘的體力活動。
- 若要減輕體重或維持已減輕的體重，每天需要做 60 至 90 分鐘的體力活動。
- 兒童和青少年應儘量天天做 60 分鐘的體力活動。

認識脂肪、糖、膽固醇、和鹽(鈉質)的進食限度

- 每天飲食的脂肪宜來自魚、硬殼果、和菜油。
- 限制食用固體脂肪如牛油、人造牛油、豬油、人造豬油、與及含有這些脂肪的食物。
- 參閱食品標籤，減少進食飽和脂肪、凝固脂酸、膽固醇、和鈉質。
- 選擇少加糖的食物和飲品。額外加添的糖只增卡路里，營養素甚微。

資料來源: My Food Pyramid, USDA, 2005

Benefits of Fruits, Vegetables & Physical Activity

Benefits of fruits and vegetables

- Provides us with vitamins, minerals, fiber, and phytochemicals to help lower the risk of chronic diseases such as cancer, heart disease, hypertension, stroke, obesity and diabetes
- Slows the negative signs of aging such as weakening vision and memory loss
- Enhances our immunity

Benefits of physical activity

- Lowers the risk of developing high blood pressure, heart disease, stroke, diabetes and cancer
- Builds and maintains healthy bones, muscles, and joints
- Helps to lower the risk of overweight problems in children and adults
- Reduces anxiety, depression and stress
- Helps us to feel more energetic

蔬果和體力活動的好處

水果蔬菜的好處

- 提供維他命、礦物質、抗氧化素、植物元素、和纖維素，幫助減低許多疾病的患病率如：癌症、心臟病、中風、身體過重、和糖尿病。
- 緩慢衰老的一些癥狀如視力變弱、記憶力減退。
- 增強身體免疫力。

體力活動的好處

- 減輕高血壓、心臟病、中風、糖尿病、和某些癌症的患病危機。
- 強健骨骼、肌肉、及關節。
- 幫助減低兒童和成人身體過重的可能性。
- 減輕精神緊張、抑鬱感、和壓力。
- 使精力充沛。

How Many Cups of Fruits & Vegetables Should An Adult Eat ?

The amount of fruits and vegetables an adult needs everyday depends on his/her gender, age, and activity level.

The following daily amounts are recommended for individuals who get less than 30 minutes per day of physical activity beyond regular daily activities. If you get more physical activity, you would need to eat an additional ½ cup to 1 cup of vegetables and up to ½ cup additional fruit[6].

Gender	Age	*Sedentary	
		Fruit	Vegetable
Female	19 - 30 years	2 cups	2½ cups
	31 - 50 years	1½ cups	2½ cups
	51+ years	1½ cups	2 cups
Male	19 - 30 years	2 cups	3 cups
	31 - 50 years	2 cups	3 cups
	51+ years	2 cups	2½ cups

*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.
*Moderately Active: at least 30 minutes, up to 60 minutes a day of moderate physical activity in addition to daily activities.
*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.
(*) See page 24 for more details

(6) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, www.healthierus.gov/dietaryguidelines, accessed 8/22/05

成年人每天應吃多少蔬果?

成年人每日應吃多少蔬果視乎個人年齡、性別、和體力活動量而定*。
以下的日常進食量適宜於少活動的成年人，即每日只做 30 分鐘或以下的額外體力活動。若您每日的額外體力活動有 30 分鐘以上，便需要**加多**半杯至一杯蔬菜和半杯水果[6]。

性別	年齡	*少量體力活動	
		水果	蔬菜
女性	19-30 歲	2 杯	2 杯半
	31-50 歲	1 杯半	2 杯半
	51 或 51 歲以上	1 杯半	2 杯
男性	19-30 歲	2 杯	3 杯
	31-50 歲	2 杯	3 杯
	51 或 51 歲以上	2 杯	2 杯半

*少量體力活動：日常作息之外每日做 30 分鐘或以下的體力活動
*中量體力活動：日常作息之外每日做 30 至 60 分鐘體力活動
*大量體力活動：日常作息之外每日做 60 分鐘以上的體力活動
(*) 請參閱第 25 頁

(6) U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, www.healthierus.gov/dietaryguidelines, accessed 8/22/05

How Many Cups of Fruits & Vegetables Should a Child or Youth Eat?

The amount of fruits and vegetables a child or a teenager needs everyday also depends on his/her gender, age, and activity level *.

The Dietary Guidelines for Americans 2005 and the new Food Pyramid recommend the following daily amounts for children and youth who are sedentary (getting less than 30 minutes per day of physical activity beyond regular daily activities). Those who are more physically active may require more while staying within their calorie needs[7].

Gender	Age	* Sedentary	
		Fruit	Vegetable
Children (Boys and Girls)	**2 - 3 years**	1 cup	1 cup
	4 - 8 years	1 to 1½ cups	1½ cups
Girls	**9 - 13 years**	1½ cups	1½ to 2 cups
	14 - 18 years	1½ cups	2½ cups
Boys	**9 - 13 years**	1½ cups	2½ cups
	14 - 18 years	2 cups	3 cups

*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.
*Moderately Active: at least 30 minutes, up to 60 minutes a day of moderate physical activity in addition to daily activities.
*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.
(*) See page 24 for more details

(7) U.S. Department of Agriculture, MyPyramid Food Intake Pattern Calorie Levels, 2005, hhtp://www.mypyramid.gov/professionals/pdf food intake.html, accessed 8/22/05

兒童或少年每天應吃多少蔬果?

兒童和少年每日應進食多少蔬果視乎個人年齡、性別、和體力活動量而定。
2005 年的飲食指引及食物金字塔對少活動的兒童與少年推薦以下的日常進食量(少活動指每日只做 30 分鐘或以下的額外體力活動)。每天較多體力活動的兒童與青少年，可以在自己的熱量範圍內需要多些蔬果[7]。

性別	年齡	*少量體力活動	
		水果	蔬菜
兒童(男和女)	2 至 3 歲	1 杯	1 杯
	4 至 8 歲	1 至 1 杯半	1 杯半
女孩	9 至 13 歲	1 杯半	1杯半至 2 杯
	14 至 18 歲	1 杯半	2 杯半
男孩	9 至 13 歲	1 杯半	2 杯半
	14 至 18 歲	2 杯	3 杯

*少量體力活動：日常作息之外每日做 30 分鐘或更少的體力活動
*中量體力活動：日常作息之外每日做 30 至 60 分鐘體力活動
*大量體力活動：日常作息之外每日做 60 分鐘以上的體力活動
(*) 請參閱第 25 頁

(7) U.S. Department of Agriculture, MyPyramid Food Intake Pattern Calorie Levels, 2005, hhtp://www.mypyramid.gov/professionals/pdf food intake.html, accessed 8/22/05

What Counts as a Cup?

Fruits:

1 small apple

1 large banana

1 large orange

1 large peach

8 large strawberries

1 cup 100% fruit juice

½ cup dried fruit

1 medium pear

Vegetables:

1 cup cooked greens

1 medium potato

1 large sweet potato

2 large celery stalks

1 large whole tomato (uncooked)

2 cups raw leafy greens

1 cup chopped vegetable

1 cup cooked carrot

Source: U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, www.healthierus.gov/dietaryguidelines, accessed 8/22/05

何謂一杯?

水果

一個小蘋果

一條大香蕉

一個大橙

一個大桃子

八顆大草莓

一杯純果汁

半杯乾果

一個中型梨子

蔬菜

一杯煮熟青菜

一個中型馬鈴薯

一個大甜薯

兩條大西芹

一個大蕃茄(未煮)

兩杯未煮的綠葉青菜

一杯切片瓜菜

一杯胡蘿蔔

Source: U.S. Department of Agriculture, Dietary Guidelines for Americans 2005, www.healthierus.gov/dietaryguidelines, accessed 8/22/05

The Color Way ... to Good Health

Choose your fruits and vegetables from these 5 different groups to get the different phytochemicals and nutrients: purple/blue, green, white, yellow/orange and red.

	Color	Phytochemicals	Examples	Benefits
	Purple/Blue	Anthocyanins, Phenolics	Eggplant, purple yam, blueberries, purple figs, purple plums, purple grapes, raisins	• May reduce risk of some cancers and heart disease • Maintain urinary tract health • May slow some effects of aging
	Green	Lutein, Indoles	Bok-choy, Chinese broccoli, broccoli, asparagus, lettuce, spinach, watercress, kiwi fruit, honeydew	• May reduce risk of some cancers and heart disease • Maintain vision health • Maintain strong bones and teeth
	White	Allicin, Mineral Selenium	Garlic, scallion, onion, jicama, cauliflower, mushroom, white nectarine, banana	• May reduce risk of some cancers and heart disease • May lower blood cholesterol
	Yellow/Orange	Bioflavonoids, Carotenoids	Pumpkin, carrots, yellow corn, orange, cantaloupe, mango, papaya, persimmon, pineapple, tangerine, apricot	• May reduce risk of some cancers and heart disease • Maintain immunity • Maintain vision health
	Red	Lycopene, Anthocyanins	Tomato, red pepper, red onion, beet, watermelon, cherries, red grapes, strawberries	• May reduce risk of some cancers and heart disease • Maintain urinary tract health • May slow some effects of aging

五色蔬果...健康屬我

每天選吃以下五種不同顏色的水果蔬菜，以獲取各種植物元素和營養素：紫/藍色、綠色、白色、黃/橙色、與及紅色。

	顏色	植物元素	舉例	對健康的好處
	紫色/藍色	花青素、酚	茄子、紫薯、藍莓、紫無花果、紫李子、紫葡萄、葡萄乾	• 可能減少患某些癌症及心臟病危機 • 保持尿道功能 • 可能緩和衰老過程某些不良影響
	綠色	黃體素、靛基質	小白菜、芥蘭、綠菜花(西蘭花)、蘆筍、生菜、菠菜、西洋菜、奇異果、蜜瓜	• 可能減少患某些癌症及心臟病危機 • 保持視力健康 • 維持強健骨骼和牙齒
	白色	大蒜素、硒礦物	蒜頭、蔥、洋蔥、沙葛、白菜花(椰菜花)、蘑菇、白桃駁李、香蕉	• 可能減少患某些癌症及心臟病危機 • 可能降低膽固醇
	黃色/橙色	生物黃酮素、胡蘿蔔素	南瓜、胡蘿蔔、黃粟米、香瓜、芒果、木瓜、柿子、鳳梨(菠蘿)、柑、杏	• 可能減少患某些癌症及心臟病危機 • 保持身體免疫力 • 保持視力健康
	紅色	蕃茄紅素、花青素	蕃茄、紅椒、紅洋蔥、紅菜頭、西瓜、櫻桃、紅葡萄、草莓	• 可能減少患某些癌症及心臟病危機 • 保持尿道功能 • 可能緩和衰老過程某些不良影響

How to Eat More Fruits & Vegetables Everyday

The meal pattern below demonstrates how to eat 2 cups of fruit and 3 cups of vegetables, which is appropriate for a sedentary male age 19-50. If you are an older male or female of any age, use page 12 to adjust this meal pattern to your recommended level of fruit and vegetable intake.

Morning

½ a purple yam or ½ a sweet potato — **= ½ cup**

Mid-day

1 cup cooked greens

1 apple — **= 2 cups**

Snack

1 large banana — **= 1 cup**

Evening

1 cup carrot soup
(½ cup of carrots)

½ cup cooked
string beans

½ cup cooked
Chinese broccoli — **= 1½ cups**

Total: 3 cups vegetable + 2 cups fruit = 5 cups

如何每日多吃蔬果

以下的進食舉例示範如何每日吃到 2 杯水果和 3 杯蔬菜，適宜於 19 至 50 歲少活動量的成年人作參考。若您年齡較長，請參閱 15 頁，調整蔬果進食量，以符合您個人需要。

早上

半個紫薯或甜薯 **= 半杯**

中午

1 杯煮熟青菜

1 個蘋果 **= 2 杯**

小吃

1 條大香蕉 **= 1 杯**

晚上

1 碗胡蘿蔔湯
(½ 杯胡蘿蔔)

½ 杯豆角

½ 杯芥蘭 **= 1 杯半**

共 3 杯菜 +2 杯水果 = 5 杯

Tips for Eating More Fruits & Vegetables

- Add fresh fruit or no more than 1 cup 100% fruit juice to breakfast
- Snack on fruits and vegetables
- Serve more vegetables and less rice at lunch and dinner
- Add more vegetables to the main dish and rice
- To enhance the flavor of vegetables, try using the Supreme Stock recipe below
- Use two or more different colored vegetables at meal times
- Serve fruit as a dessert
- Make a delicious smoothie with fresh or frozen fruit and low-fat or nonfat milk
- Add extra vegetable to sandwiches, such as cucumbers, tomatoes, peppers, and sprouts...

Make your own Smoothie

Ingredients:

- 1 very ripe banana, peeled
- ¾ cup 100% orange juice
- ½ cup low-fat vanilla yogurt
- ½ cup strawberries, fresh or frozen

Preparation:

1. Break banana into small pieces and put into the blender with orange juice, yogurt, and strawberries.
2. Secure lid and blend until smooth.
3. Divide the smoothie in six 4-ounce cups and serve.

Source: California 5 a Day Power Play! Campaign. School Idea and Resource Kit for 4th and 5th Grade Classroom Teachers, Child Nutrition/Food Service Staff, Nutrition and Cancer Prevention Program, California Department of Health Services, 1994 (out of Print)

Make Supreme Stock to enhance flavor in cooking

"Supreme stock" is used frequently in Chinese cooking; this kind of stock is often made in advance, and used for soup base. "Supreme stock" is usually made with meat and poultry and boiled for at least 3 hours until the flavor is intensified.

You can make your own: (recipe makes 15 cups of stock)

- In a large stock pot, combine 2 pounds lean pork, 1 whole chicken, and enough water to cover at least 4 inches above the ingredients. Cook over high heat. When the water boils, reduce to medium-low heat and simmer for 3 hours. Add 1 teaspoon salt, remove from heat and let stand to cool.
- With a slotted spoon, remove the pork and chicken from the stock. Divide the stock into several smaller, shallow containers and refrigerate for at least 6 hours, or until fat becomes solid on surface of stock. Remove the fat from the stock.
- Use the stock as soup base, sauces and gravies, or to add flavor to vegetable dishes.
- Freeze the stock in ice cube trays or small containers and store in the freezer for future use. Frozen stock can be kept in freezer up to 2 months.
- Try the different recipes using the Supreme Stock on pages 34, 36, 38 and 42.

To prevent food borne illness, the stock should be separated into smaller shallow containers and be refrigerated immediately.

多吃蔬果心得

- 早餐加水果或不超過 1 杯純果汁
- 用蔬果做小吃
- 正餐儘量多吃蔬菜，可減少飯量
- 菜餚和飯裡多加蔬菜
- 用家製上湯煮製蔬菜加添味道，請試以下的上湯食譜
- 每餐選兩種或以上不同顏色的蔬菜
- 用水果作甜品
- 可用新鮮或冷凍水果，加入低脂或脱脂牛奶，放入攪拌機，攪拌成「奶昔」或果凍作飲品
- 做三文治加蔬菜如:青瓜、蕃茄、甜椒、豆芽

自製「香滑鮮果凍」

用料:

- 熟香蕉 1 條，剝皮
- ¾ 杯純橙汁
- ½ 杯低脂香草味酸乳酪 (vanilla yogurt)
- ½ 杯新鮮或冰凍草莓

做法:

1. 香蕉切小塊，與其它用料同放進攪拌器內。
2. 蓋緊攪拌器，將用料攪至奶油狀即成果凍。
3. 將果凍分盛在 6 個小杯內供吃。

資料來源：California 5 a Day Power Play! Campaign. School Idea and Resource Kit for 4th and 5th Grade Classroom Teachers, Child Nutrition/Food Service Staff, Nutrition and Cancer Prevention Program, California Department of Health Services, 1994 (out of Print)

自製上湯爲菜餚添味道

上湯或高湯常用於中式烹飪；上湯預先做好，用作「湯底」或調味的汁料。上湯一般用肉或雞熬 3 小時以上，濃化肉味。

您可自己熬製上湯(這食譜可造 15 杯上湯)：

- 在大鍋裡放下 2 磅瘦豬肉、1 隻雞，下水蓋過材料面上 4 吋。高溫煮沸，水沸後轉慢火熬 3 小時。下 1 茶匙鹽，關火待涼。
- 用罩籬把肉料取出，將上湯分盛在不同的盒子或容器裡，置冰箱 6 小時後待油脂凝結浮在湯面上，取出將凝結的油脂撇除。
- 上湯可用來煮湯、做芡汁、肉汁、或給蔬菜調味。
- 把上湯盛在冰盤或小容器裡，放冰庫裡冰藏以後用。藏在冰庫的上湯可貯存達 2 個月。
- 請試用本書裡各款採用上湯的食譜，第 35，37，39，和 43 頁。

以防食物中毒，煮好的上湯應分開盛在盒子或容器裡，立刻置冰箱裡貯存。

Tips for Physical Activity

How much moderate to vigorous physical activity do we need everyday?

- Adults – 30 minutes or more to lower the risk of chronic diseases
  60 minutes to prevent weight gain in adulthood
  90 minutes to sustain weight loss
- Children and youth – 60 minutes or more

Moderate activities include: *dancing, biking, tai-chi, gymnastics, stretching, light gardening, luk-tung kuen, walking (3.5 mph), yoga*
Vigorous activities include: *aerobic dance, basket ball, brisk walking (4.5 mph), jogging, jumping rope, heavy yard work (chopping wood), swimming*

Enjoy physical activity everyday with family and friends

- For beginners, start with 10 to 15 minutes of physical activity a day, and gradually work up to 30 minutes a day
- Schedule a regular time each week for the family to enjoy physical activity together
- Include physical activity in family vacations
- Strengthen muscles and improve flexibility by lifting weight, stretching arms and legs, doing push-ups, sit-ups, leg-lifts, and arm-curls
- Do household chores that include physical activity, such as walking the dog, emptying the garbage, mopping or vacuuming the floors, washing the car, and mowing the lawn
- Limit the time on TV, video games, and computer to no more than 2 hours a day
- Bike or walk to work, walk with a co-worker during breaks or after lunch, use the stairs
- Start a walking group with neighbors, friends and/or relatives

體力活動心得

我們每天需要多少緩和至劇烈的體力活動?

- 成年人 – 30 分鐘或以上減少患長期疾病
  60 分鐘以防成人增加體重
  90 分鐘以減輕體重及保持已減輕的體重
- 兒童和青少年 – 60 分鐘或以上

緩和體力活動包括: 騎腳踏車、打太極、柔軟體操、步行、園藝、六通拳
劇烈體力活動包括: 健身舞、打籃球、緩步跑、跳繩、跑步

與親友每天同做體力活動

- 剛開始時，每日做 10 至 15 分鐘，漸漸加至每日 30 分鐘
- 每星期抽出時間與親人一同做體力活動，例如：散步、在公園玩耍
- 一家人渡假時多做體力活動
- 做些強健肌肉及增進身體柔韌性的體力活動，例如：舉重、伸張手臂及腿、掌上壓
- 做些需用體力的家務，例如:放狗、倒垃圾、清洗地板、吸塵、洗車、及剪草
- 每天看電視、玩電子遊戲、用電腦的時間儘量不超過 2 小時
- 走路或騎腳踏車上班，小休時或午餐後與同事散步，多走樓梯
- 與鄰居、朋友、及/或親戚組織散步團

Rainbow Cups

Makes 8 servings **(1 serving = 1 cup)**

Ingredients:

1 orange bell pepper, seeded and diced
1 red bell pepper, seeded and diced
2 cups dried shiitake mushroom, soaked, stems trimmed and diced
1 cup diced jicama
1 cup fresh soybeans
½ teaspoon sesame seed oil
1 teaspoon sugar
¼ teaspoon salt
1 tablespoon cornstarch
½ cup water or stock
8 spring roll wrappers (cut into round shape)
nonstick vegetable oil spray

Instruction:

1. Preheat oven to 325° F
2. Lightly coat large muffin cups with nonfat cooking spray.
3. Place a spring wrap in each muffin cup, and press firmly against the sides; bake in preheated oven until wrappers turn crispy and golden brown, about 1 minute.
4. Heat a large nonstick pan over high heat. Add vegetables and sesame seed oil and sauté until tender-crisp, about 3 to 5 minutes; season with sugar and salt.
5. In a large bowl mix cornstarch and water. Stir to eliminate lumps. Add to vegetables. Remove from heat.
6. Using a small spoon, scoop vegetables into spring roll cups and serve immediately.
7. Store unfilled spring roll cups in an airtight container and use within 3 days.

Nutrition tips:

The combination of jicama, bell peppers, mushrooms, and fresh soybeans add interesting texture, flavor, color, phytochemicals, and fiber to this recipe.
Green bell pepper and button mushrooms can replace red and orange bell pepper and shiitake mushrooms for lower cost.
Fresh soybeans are kept in the freezer section of the supermarket. If fresh soybeans are not available, use other dried beans such as chickpeas or navy beans.

Nutrition information per serving:

Calories: 161	**Total fat:** 2 g	**Saturated Fat:** 0 g
Cholesterol: 3 mg	**Sodium:** 241 mg	**Fiber:** 4 g
Carbohydrates: 26 g	**Protein:** 8 g	

彩虹錦繡盒

做 8 份(每份 = 1 杯)

用料：

橙色燈籠椒，去核切丁	1 隻
紅色燈籠椒，去核切丁	1 隻
冬菇，浸軟、去蒂、切丁	2 杯
沙葛，切丁	1 杯
毛豆	1 杯
麻油	½ 茶匙
糖	1 茶匙
鹽	¼ 茶匙
粟米粉	1 湯匙
水或上湯	½ 杯
春捲皮(修剪成圓形)	8 張
噴霧式菜油	

做法：

1. 烤爐先調至 325 度。
2. 將大型鬆餅模噴上一層薄噴霧式菜油。
3. 每個鬆餅模裡放一張春捲皮，壓至緊貼鬆餅杯；放烤爐中烤至春捲皮金黃香脆成盒形，約 1 分鐘。
4. 燒熱大易潔鑊，下麻油和各蔬菜炒至僅熟，約 3 至 5 分鐘；下糖和鹽調味。
5. 碗裡放粟米粉與水調勻，開薄芡加進蔬菜裡，略拌勻，取出作餡用。
6. 用小匙將餡分盛在盒中供吃。
7. 用剩的脆盒貯存在密封的罐裡，可存放 3 天。

營養貼士：

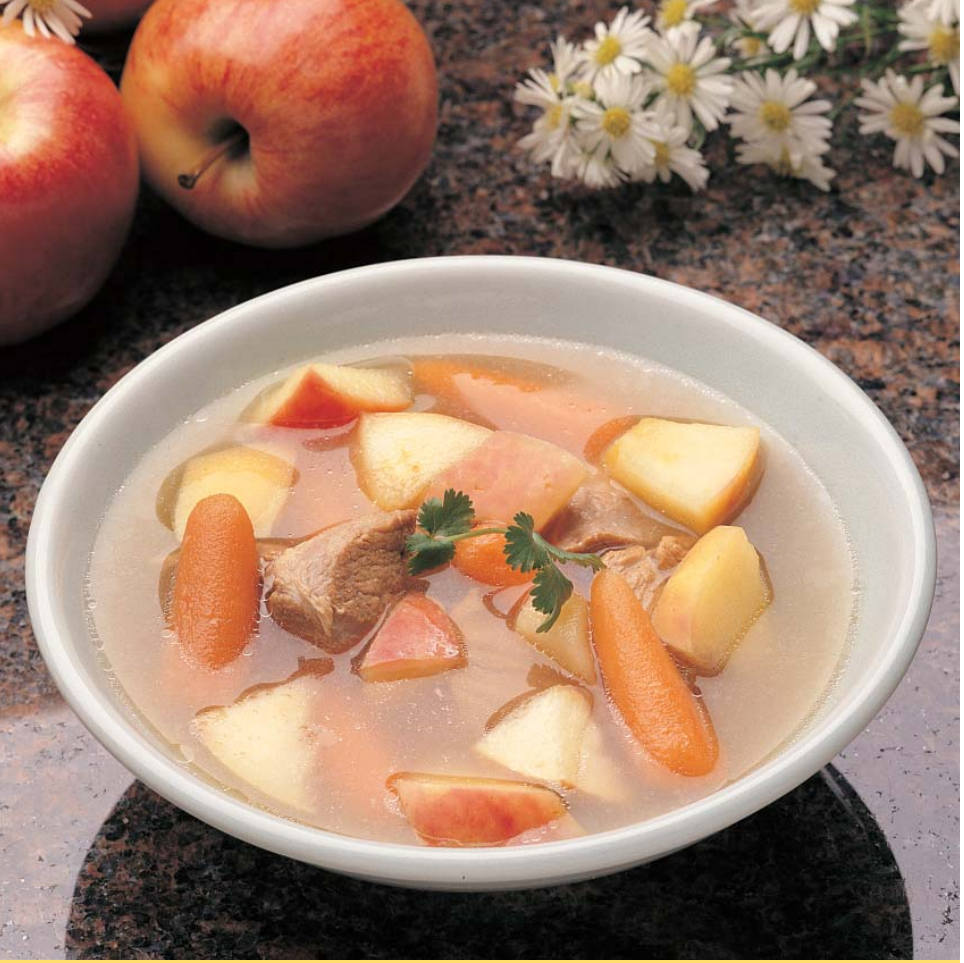
沙葛、燈籠椒、冬菇、和毛豆混合令這食譜增添口感、味道、顏色、植物元素、及纖維素。

用青燈籠椒與磨菇價錢比較便宜，可代替橙紅燈籠椒與冬菇。

毛豆存放於超級市場的冰庫裡。若沒有毛豆，可用其他乾豆如雞豆或腰豆。

每份營養含量：

熱量：161	**脂肪總額**：2 克	**飽和脂肪**：0 克
膽固醇：3 毫克	**鈉質**：241 毫克	**纖維素**：4 克
碳水化合物：26 克		**蛋白質**：8 克



Apple Carrot Soup

Makes 8 servings **(1 serving = 1 cup)**

Ingredients:

1 pound lean pork, cut into chunks
4 apples with skin, cored and quartered
4 large carrots, peeled, cut into chunks
1 piece dried orange peel (optional)
4 slices ginger
½ teaspoon salt
20 cups water

Instruction:

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days[8].

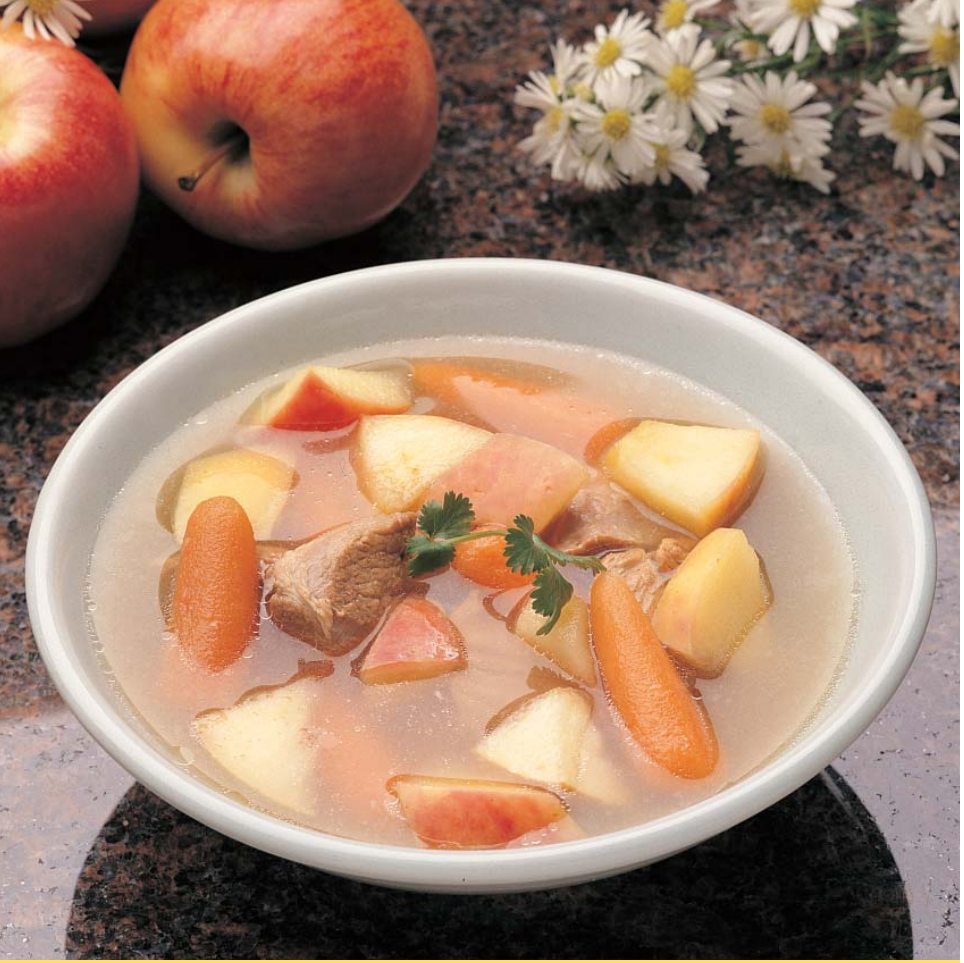
Nutrition tips:

Adding fruit to soup enhances the flavor and nutritional value. Studies have shown that people with low intakes of fruits and vegetables experience twice the risk of cancer compared to those with high intakes.

Nutrition information per serving:

Calories: 133	**Total fat:** 3 g	**Saturated Fat:** 1 g
Cholesterol: 35 mg	**Sodium:** 20 mg	**Fiber:** 3 g
Carbohydrates: 13 g	**Protein:** 13 g	

(8) Partnership for Food Safety Education, Chill: Refrigerate Properly and Promptly, http://www.fightbac.org/chill.cfm, accessed 8/23/05



蘋果胡蘿蔔湯

做 8 份（每份 = 1 杯）

用料：

瘦肉	1 磅
蘋果連皮，去核、切塊	4 個
胡蘿蔔，切塊	4 個
陳皮（可免）	1 片
薑	4 片
鹽	½ 茶匙
水	20 杯

做法：

1. 將所有用料置大鍋中，大火煮沸。
2. 轉中火煮熬 3 至 4 小時，至剩下 8 杯湯水。
3. 撇掉湯裡的油。
4. 剩餘的湯蓋好，貯存在冰箱裡，可存 3 天[8]。

營養貼士：
用水果做湯增加湯的味道和營養。研究顯示少吃蔬果的人患癌危機比多吃蔬果的人高出兩倍。

每份營養含量：

熱量：133	**脂肪總額**：3 克	**飽和脂肪**：1 克
膽固醇：35 毫克	**鈉質**：20 毫克	**纖維素**：3 克
碳水化合物：13 克	**蛋白質**：13 克	

(8) Partnership for Food Safety Education, Chill: Refrigerate Properly and Promptly, http://www.fightbac.org/chill.cfm, accessed 8/23/05

Chicken Lotus Root Patties

Makes 3 servings **(1 serving = 2 patties*)***

Ingredients:

6 ounces skinless, boneless chicken breast, minced
3 cups lotus root, chopped or ground
1 teaspoon vegetable or olive oil (or nonstick cooking spray)

Marinade:

1 egg white, lightly beaten
2 teaspoons sugar
¼ teaspoon salt
1 tablespoon cornstarch
1/2 teaspoon sesame seed oil

Instruction:

1. In a large bowl, combine marinade ingredients, whisk or stir. Add minced chicken, stir to coat.
2. Add ground lotus root and mix well.
3. Form chicken-lotus root mixture into 6 patties, each about 2 inches in diameter.
4. Heat a nonstick pan over medium heat, add 1 teaspoon oil, swirling to coat pan; or spray pan with non stick cooking spray.
5. Pan-fry patties on both sides until cooked and browned, about 5 minutes on each side, and serve.

Nutrition tips:

Lotus root is a crunchy and nutritious vegetable that can be used to stretch a meat recipe and add fiber and vitamins at the same time!

Lotus root is also a good source of thiamin and riboflavin, in addition to vitamin C and potassium [9].

Nutrition information per serving:

Calories: 243	**Total fat:** 3 g	**Saturated Fat:** 0 g
Cholesterol: 33 mg	**Sodium:** 322 mg	**Fiber:** 9 g
Carbohydrates: 36 g	**Protein:** 20 g	

(9) USDA Nutrient Database for Standard Reference, http://www.nal.usda.gov/fnic/foodcomp/search, accessed 8/22/05

雞肉蓮藕餅

做 3 份 (每份 = 2 個藕餅)

用料：

去皮雞胸肉，剁茸	6 安士
蓮藕，磨茸	3 杯
菜油或橄欖油(或噴霧式食油)	1 茶匙
醃料	
蛋白，略撥	1 個
糖	2 茶匙
鹽	¼ 茶匙
粟米粉	1 湯匙
芝麻油	½ 茶匙

做法：

1. 所有醃料置一大湯碗裡，略拌。將雞茸加進醃料中拌勻。
2. 加入蓮藕茸拌勻。
3. 將蓮藕雞茸揉成 6 個 2 吋直徑的肉餅。
4. 中火將易潔鑊燒熱，下 1 茶匙油，旋勻鑊面；或用噴霧式食油噴勻鑊面。
5. 肉餅下鑊裡，煎至兩面熟透呈金黃色，大約每面五分鐘，即可供吃。

營養貼士：

蓮藕是脆口又有營養的蔬菜，與肉類混合能令菜式增添纖維質和維他命。除了維他命 C 和鉀質，蓮藕也含豐富硫胺素和核黃素，即維他命 B_1B_2。[9]

每份營養含量：

熱量：243　**脂肪總額**：3 克　**飽和脂肪**：0 克　**膽固醇**：33 毫克
鈉質：322 毫克　**纖維素**：9 克　**碳水化合物**：36 克　**蛋白質**：20 克

(9) USDA Nutrient Database for Standard Reference, http://www.nal.usda.gov/fnic/foodcomp/search, accessed 8/22/05

Frozen Tofu in Supreme Stock

Makes 4 servings **(1 serving = 4 slices each of tofu & ham and 1/2 cup cooked broccoli)**

Ingredients:

4 pieces 2 inches x 2 inches firm tofu
(frozen overnight or 8 hours ahead of time)
16 slices of ham, extra lean, 2 inches x 2 inches
(approximately 5 oz total weight)
6 dried shiitake mushrooms, soaked, stems removed
1 cup homemade supreme stock (see pg. 28), or low sodium chicken broth
2 cups broccoli florets
4 cups water (to boil the broccoli)

Sauce

2 teaspoons cornstarch
1½ teaspoons soy sauce
1 teaspoon sugar
½ teaspoon sesame seed oil
a pinch of white pepper

Instruction:

1. Defrost frozen tofu under running tap water, squeeze out excess water. Cut each tofu square into 4 pieces, ½ inch thick for a total of 16 slices.
2. In a large bowl, arrange tofu and ham in an overlapping pattern around the side of the bowl. Place mushrooms in the center, and pour in the stock.
3. In a large pot or a wok, bring water to a boil. Put a steamer rack above the water, place the bowl with tofu, ham and mushrooms on the rack. Cover the pot and steam over high heat for 20 minutes, then remove from heat.
4. Drain the stock from the bowl into a medium sized saucepan. Cook the stock over medium heat, add the sauce ingredients and stir constantly to make light gravy.
5. Cover the bowl of steamed tofu with a large plate, invert bowl onto plate, and remove the bowl.
6. In a medium sized pot over high heat, bring 4 cups of water to a boil. Place steamer rack into pot. Add broccoli, cover and steam over medium heat for 4-5 minutes.
7. Garnish the tofu and ham arrangement with broccoli, pour gravy on top and serve.

Nutrition tips:

Freezing the tofu produces a spongy and meaty texture.
Stock can enhance the flavor of vegetables and low fat dishes (refer to page 34 for direction on making stock).
For tofu, different brands may have different levels of calcium. Read the nutrition label to choose products with more calcium.

Nutrition information per serving:

Calories: 183	**Total fat:** 8 g	**Saturated Fat:** 2 g
Cholesterol: 18 mg	**Sodium:** 567 mg	**Fiber:** 2 g
Carbohydrates: 13 g	**Protein:** 18 g	

上湯冰豆腐

做 4 份 (每份 = 豆腐、火腿各 4 片，熱西蘭花半杯)

用料：

硬豆腐，2 吋 x 2 吋 (硬豆腐先冰凍過夜或冰凍 8 小時)	4 塊
特瘦火腿，2 吋 x 2 吋 (總重量 5 安士)	4 片
冬菇，浸軟，去蒂	6 隻
家製上湯(見 37 頁)或低鹽雞湯	1 杯
西蘭花(綠菜花)	2 杯
水(灼西蘭花用)	4 杯
白胡椒粉	少許

芡汁

粟米粉	2 茶匙
醬油	1 茶匙半
糖	1 茶匙
芝麻油	半茶匙

做法：

1. 冰凍豆腐用水沖洗解凍，擠乾水份。每塊切成 4 片，每片半吋厚，共 16 片。
2. 在一大碗內將豆腐、火腿沿碗邊間隔排放。中間放置冬菇，灌注上湯進碗內。
3. 大鍋裡將水燒沸，置一蒸架在內，盛豆腐、火腿和冬菇的碗放架上，蓋上鍋蓋大火蒸 20 分鐘後關火取出。
4. 將上湯汁泌出，放鍋中，加芡汁料，中火拌勻勾薄芡。
5. 用一大碟蓋著盛豆腐的碗，將碗反扣取去，材料置碟中待用。
6. 用鍋燒沸 4 杯水，置蒸架在內，放入西蘭花中火蒸 4 至 5 分鐘。
7. 把西蘭花圍豆腐火腿圈伴碟，澆上薄芡即可供吃。

營養貼士：

冰凍過的豆腐似肉類而且有彈性、有口感。

上湯能給蔬菜和低脂肪的菜肴增添味道。

不同牌子的豆腐鈣質含量有別，注意看食品標籤，選擇比較高鈣質含量的產品。

每份營養含量：

熱量：183　**脂肪總額**：8 克　**飽和脂肪**：2 克　**膽固醇**：18 毫克

鈉質：567 毫克　**纖維素**：2 克　**碳水化合物**：13 克　**蛋白質**：18 克

Pea Shoots in Supreme Stock

Makes 4 servings **(1 serving = ½ cup)**

Ingredients:

1 teaspoon vegetable or olive oil
½ teaspoon minced ginger
1 pound pea shoots
2 teaspoons cooking wine
a pinch of sugar
¼ teaspoon salt
½ cup supreme stock or low sodium chicken broth
1 teaspoon cornstarch
1 red chili pepper, chopped for garnish (optional)

Instruction:

1. Heat a nonstick wok or pan over high heat. Add oil, swirling to coat sides.
2. Add ginger. Stir until fragrant. Add pea shoots, wine, and sugar. Stir-fry until cooked but still bright green and crisp, about 3 to 5 minutes. Remove to a serving plate.
3. In a medium saucepan over medium heat, add cornstarch, salt and stock, and stir constantly. Cook for about 1 minute or until hot to make a thin sauce.
4. Pour sauce over pea shoots and garnish with red pepper.

Nutrition tips:

Pea shoots are sweet, tender, and high in fiber. Using stock enhances the flavor of pea shoots. If pea shoots are not available, substitute with spinach or any tender green vegetable.

Nutrition information per serving:

Calories: 58	**Total fat:** 3 g	**Saturated Fat:** 0 g
Cholesterol: 0 mg	**Sodium:** 180 mg	**Fiber:** 2 g
Carbohydrates: 8 g	**Protein:** 5 g	

上湯豆苗

做 4 份 (每份 = 半杯)

用料：

菜油或橄欖油	1 茶匙
薑茸	半茶匙
豆苗	1 磅
酒	2 茶匙
糖	少許
鹽	¼ 茶匙
上湯(高湯)或低鹽雞湯	½ 杯
粟米粉	1 茶匙
紅辣椒，切碎伴碟用 (可免)	1 隻

做法：

1. 高溫熱易潔鑊。下油，旋勻鑊面。
2. 下薑茸，炒香，下豆苗、酒、和糖，一起炒至豆苗僅熟，約 3 至 5 分鐘。將豆苗放碟上。
3. 把粟米粉、鹽、和上湯調勻，在鍋內用中火攪拌和勾薄芡，約 1 分鐘。
4. 把芡汁澆在豆苗上，洒上紅辣椒裝飾即可供吃。

營養貼士：
豆苗鮮嫩，含大量纖維質。用上湯增添豆苗的鮮甜味。
若沒有豆苗，可用菠菜或其他青菜嫩葉代替。

每份營養含量：

熱量：58	**脂肪總額**：3 克	**飽和脂肪**：0 克
膽固醇：0 毫克	**鈉質**：180 毫克	**纖維素**：2 克
碳水化合物：8 克	**蛋白質**：5 克	

Chinese Broccoli with Wine and Sugar

Makes 4 servings **(1 serving = ¾ cup)**

Ingredients:

1 pound Chinese broccoli
1 teaspoon vegetable or olive oil
½ teaspoon minced ginger
1 teaspoon sugar
1 tablespoon cooking wine
½ cup supreme stock or low sodium chicken broth
½ teaspoon salt

Instruction:

1. Separate Chinese broccoli stems from leaves, and cut stems into 2-inch sections.
2. Over medium to high heat, heat a large nonstick pan, add oil and swirl to coat sides of the pan.
3. Add stems into the pan first, sauté for a few seconds, and then add Chinese broccoli leaves.
4. Add ginger, sugar, and wine. Continue to stir-fry.
5. Add stock, cover pan and let Chinese broccoli cook until tender but crisp and bright green, about 1 minute.
6. Add salt, mix well and serve.

Nutrition tips:

Stir-frying leafy green vegetables quickly helps to keep some of vitamins and color. Steaming is also a great way to maintain nutrient content and flavor of vegetables.

Ginger, wine and sugar combined, make a great seasoning to help bring out the flavor of these leafy greens.

Nutrition information per serving:

Calories: 77	**Total fat:** 2 g	**Saturated Fat:** 0 g
Cholesterol: 0 mg	**Sodium:** 371 mg	**Fiber:** 2 g
Carbohydrates: 13 g	**Protein:** 4 g	

糖酒芥蘭

做 4 份 (每份 = ¾ 杯)

用料：

芥蘭	1 磅
菜油或橄欖油	1 茶匙
薑茸	½ 茶匙
糖	1 茶匙
酒	1 湯匙
上湯或低鹽雞湯	半杯
鹽	半茶匙

做法：

1. 將芥蘭葉與莖分開，切成 2 吋小段。
2. 高溫燒熱易潔鑊，下油，旋勻鑊面。
3. 先放芥蘭莖進鑊，略炒，再下芥蘭葉炒。
4. 加薑茸、糖、和酒，同炒。
5. 放上湯，加蓋，焗(烙)1 分鐘至芥蘭熟而青脆。
6. 加鹽炒拌均勻，即可供吃。

營養貼士：

炒青菜能保留其中一些維他命和顏色。蒸的方法也可以保留營養素和味道。

薑、酒和糖混合做調味能突出芥蘭獨有的味道。

每份營養含量：

熱量：77	**脂肪總額**：2 克	**飽和脂肪**：0 克
膽固醇：0 毫克	**鈉質**：371 毫克	**纖維素**：2 克
碳水化合物：13 克		**蛋白質**：4 克

Baked French Fries

Makes 4 servings **(1 serving = 1 cup)**

Ingredients:

5 potatoes cut into ¾ inch wide strips
1 tablespoon garlic powder
Vegetable oil spray

Instruction:

1. Preheat oven to 400° F.
2. Place potato strips in a large bowl and sprinkle with garlic powder.
3. Coat a baking pan with vegetable oil spray.
4. Put one layer of potato strips on baking pan, place in oven and bake for 40 to 50 minutes, turning about every 8 minutes, until potato strips become crisp and golden.

Nutrition tips:

Because the potatoes are baked, these "French Fries" contain less than one gram of fat per cup versus regular fries, which contain 15 grams of fat per cup; that is a saving of 3 teaspoons of added oil.
Purple yams can be used for additional health benefits (see page 20).

Nutrition information per serving:

Calories: 212	**Total fat:** trace	**Saturated Fat:** 0 g
Cholesterol: 0 mg	**Sodium:** 17 mg	**Fiber:** 7 g
Carbohydrates: 48 g	**Protein:** 5 g	

烤薯條

做 4 份 (每份 = 1 杯)

用料：

馬鈴薯(薯仔) 切成 ¾ 吋闊條狀	5 個
蒜粉	1 湯匙
噴霧式菜油	

做法：

1. 烤爐(焗爐)先調至 400 度。
2. 將薯條與蒜粉放大碗中，拌勻。
3. 用噴霧式菜油噴勻烤盆。
4. 將薯條平攤擺在烤盆上，放烤爐中焗 40 至 45 分鐘，或至薯條熟脆即可供吃，烤焗期間每 8 分鐘把薯條翻轉一次。

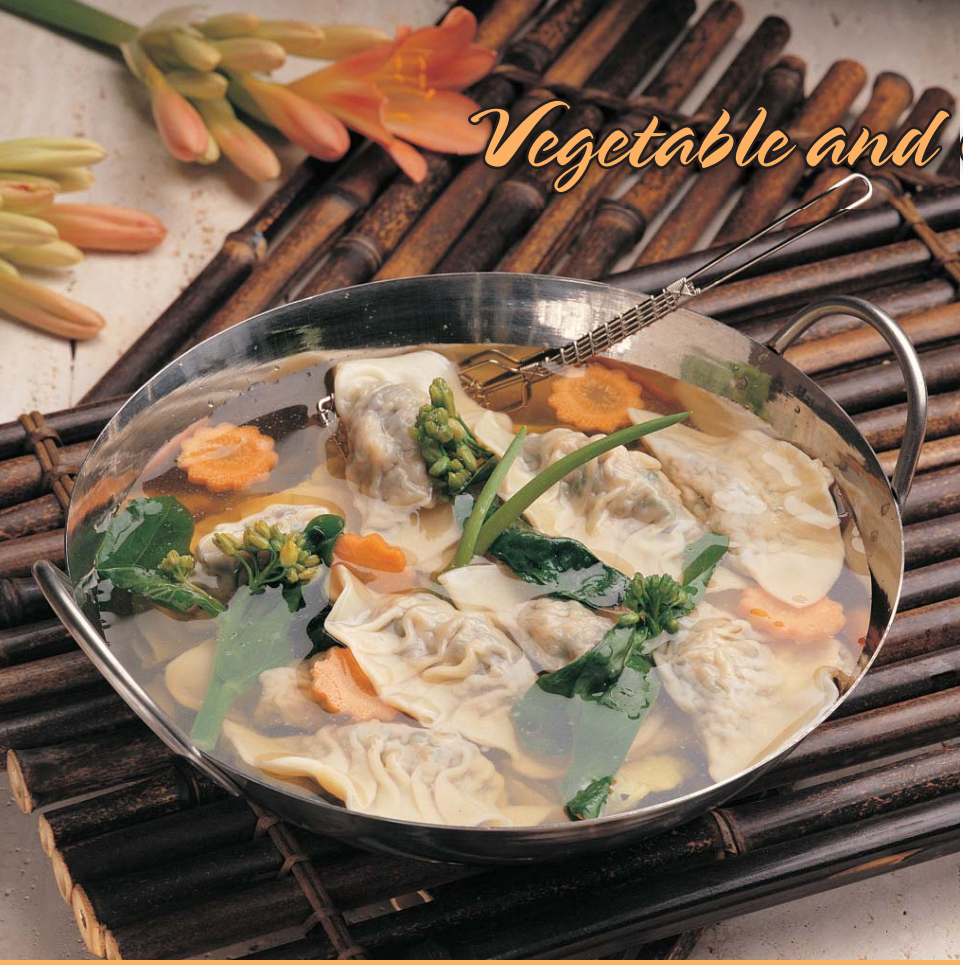
營養貼士：

每杯焗薯條的脂肪含量少過 1 克。每杯炸薯條有 15 克脂肪，用焗的方法可省去 3 茶匙油。

可用紫薯以增加對健康的好處(參閱第 21 頁)

每份營養含量：

熱量：212	**脂肪總額**：微量	**飽和脂肪**：0 克
膽固醇：0 毫克	**鈉質**：17 毫克	**纖維素**：7 克
碳水化合物：48 克	**蛋白質**：5 克	



Vegetable and Chicken Dumplings

Makes 10 servings **(1 serving = 6 dumplings)**

Ingredients:

60 thin wonton wrappers
2 pounds Chinese broccoli or 1½ pounds tender greens

Filling

½	pound skinless, boneless chicken breast, finely chopped
1	cup finely chopped bok choy leaves
½	cup finely chopped jicama or bok choy stalks
4	dried shiitake mushrooms, soaked, stems removed, and chopped
½	cup black fungus, soaked and chopped (optional)
1	teaspoon sesame seed oil
½	teaspoon salt
3	teaspoons cornstarch
1	egg white

Instruction:

1. In a large bowl, combine filling ingredients, and mix well.
2. To make each dumpling, place 1 teaspoon filling in a wonton skin, fold in half, pinch edges to seal the dumpling. Repeat with remaining filling and wonton skins.
3. In a large pot bring 10 cups of water to boil, add dumplings and cook until dumplings float to the water surface, about 7 to 8 minutes. Remove dumplings from water, set aside.
4. Cook the Chinese broccoli in the boiling water until tender but crisp, about 10 minutes, remove from water.
5. For one serving, place 6 dumplings and ½ cup of the cooked broccoli in a small bowl and serve.

Suggestions:

- Dumplings can be served in supreme stock or chicken broth and leafy green vegetable, garnish with carrots and string beans.
- Uncooked dumplings can be frozen for later use. Cook frozen dumplings in boiling water, thawing before cooking is not necessary.

Nutrition tips:

Unlike the traditional recipe, which is mostly meat filling, the combination of vegetables and chicken not only adds vitamins and fiber but also reduces the fat in this recipe.

Add bok choy or Napa cabbage to the wonton filling to provide texture, vitamins and fiber.

Nutrition information per serving:

Calories: 228	**Total fat:** 2 g	**Saturated Fat:** 0 g
Cholesterol: 19 mg	**Sodium:** 457 mg	**Fiber:** 3 g
Carbohydrates: 42 g	**Protein:** 15 g	

鮮蔬雞肉水餃

做 10 份（每份 = 6 隻水餃）

用料：

薄雲吞皮	60 張
芥蘭	2 磅
（或油菜心 1 磅半）	
餡料	
去皮去骨雞胸肉，剁茸	半磅
小白菜葉，切碎	1 杯
沙葛或白菜梗，切碎	半杯
冬菇，泡軟、去蒂、切丁	4 隻
黑木耳或雲耳，泡軟、切碎(可免)	半杯
芝麻油	1 茶匙
鹽	半茶匙
粟米粉	3 湯匙
蛋白	1 個

做法：

1. 將所有餡料放大碗中拌勻。
2. 每張雲吞皮放 1 小匙餡料後，摺疊捏緊，成餃子。共做 60 隻餃子。
3. 大鍋裡燒沸 10 杯水，下餃子，煮至餃子浮出水面，約 7 至 8 分鐘，取出待用。
4. 把芥蘭放沸水中灼至熟而脆，約 10 分鐘，取出。
5. 將 6 隻餃子配半杯芥蘭放小碗裡供吃。

提議：

- 餃子可配上湯或雞湯、青菜，飾以胡蘿蔔和青豆供吃。
- 包好的餃子可冰凍留後用，煮時不須解凍，可直接放沸水中煮熟。

營養貼士：

傳統的餃子餡主要是肉，這食譜加蔬菜進雞肉餡裡，不但增添維他命與纖維質，亦減少了用油量。

餃子餡可加大白菜或小白菜，都能增多口感、維他命、與纖維質。

每份營養含量：

熱量：228	**脂肪總額**：2 克	**飽和脂肪**：0 克
膽固醇：19 毫克	**鈉質**：457 毫克	**纖維素**：3 克
碳水化合物：42 克		**蛋白質**：15 克

"Five Happiness" Fried Noodles

Makes 5 servings **(1 serving = 1½ cup)**

Ingredients:

10 cups of water
1 pound egg noodles
1 tablespoon vegetable or olive oil, divided
3 cups bean sprout
1 cup bamboo shoots, julienned (sliced thinly in strips)
½ cup shredded carrots
½ cup dried shiitake mushrooms, soaked, stems removed, and julienned
2 green onions, julienned
½ teaspoon salt
1 teaspoon sugar
1 tablespoon soy sauce

Instruction:

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add ½ tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

Nutrition tips:

The different vegetables used in this recipe bring in different colors, antioxidants and health benefits.
The large amount of vegetables in this recipe adds vitamins, fiber, color and texture to the noodle.
The vegetables also add moisture, which means less oil is needed.
The term "julienne" means thin strips.

Nutrition information per serving:

Calories: 425	**Total fat:** 6 g	**Saturated Fat:** 1 g
Cholesterol: 1 mg	**Sodium:** 445 mg	**Fiber:** 6 g
Carbohydrates: 77 g	**Protein:** 16 g	

五福炒麵

做 5 份(每份 = 1 杯半)

用料:

水	10 杯
鮮蛋麵	1 磅
菜油或橄欖油，分開用	1 湯匙
豆芽菜	3 杯
竹筍，切絲	1 杯
胡蘿蔔，切絲	半杯
冬菇，泡軟、去蒂、切絲	半杯
蔥，切絲	2 條
鹽	半茶匙
糖	1 茶匙
醬油	1 湯匙

做法:

1. 大鍋燒沸 10 杯水，放麵進內燙，麵要保持爽口，約 5 至 7 分鐘，撈起瀝乾留後用。
2. 易潔鑊裡燒熱半湯匙油，將油旋勻鑊面，下麵煎炒至呈金黃色，約 7 至 10 分鐘，取出待用。
3. 將剩餘的半湯匙油和蔬菜下鑊炒熟，約 5 至 7 分鐘。
4. 加入麵拌勻，下鹽、糖、和醬油調味，盛起供吃。

營養貼士:

食譜採用不同的蔬菜，給予不同的顏色、抗氧化素，爲健康提供利益。
食譜裡大量蔬菜給炒麵增添維他命、纖維質、顏色與質感。
蔬菜亦加添水份，因此可減少用油量。
蔬菜切絲或切細條都可以。

每份營養含量:

熱量：425	**脂肪總額**：6 克	**飽和脂肪**：1 克
膽固醇：1 毫克	**鈉質**：445 毫克	**纖維素**：6 克
碳水化合物：77 克.		**蛋白質**：16 克

Apple Chunk Cake

Makes 12 servings **(1 serving = 1 piece 1½" x 2")**

Ingredients:

1¼ cups sugar
¼ cup vegetable oil
2 eggs
2 cups flour
1 teaspoon salt
1 teaspoon cinnamon
1 teaspoon baking soda
4 cups diced apple chunks
¼ cup applesauce
2 cups sliced apple to place on cake top

Instruction:

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.

Nutrition tips:

As a rule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake enhanced by the flavor of fresh and nutritious apples.
The amount of sugar in this recipe has been reduced by one third, as compared to the original recipe.
Use vegetable oil spray to prevent the cake from sticking to the pan.

Nutrition information per serving:

Calories: 239	**Total fat:** 5 g	**Saturated Fat:** 1 g
Cholesterol: 35 mg	**Sodium:** 308 mg	**Fiber:** 1 g
Carbohydrates: 44 g	**Protein:** 3 g	

營養貼士：
做甜點時，可用蘋果醬或其他果茸如西梅醬代替一半油量，甜點或蛋糕同樣香滑，好味道又較多營養素。
與原本的食譜比較，這個食譜的糖減少了三份之一。
用噴霧式菜油噴在烤盆上以防蛋糕貼盆底。

每份營養含量：

熱量：239	**脂肪總額**：6 克	**飽和脂肪**：1 克
膽固醇：35 毫克	**鈉質**：308 毫克	**纖維素**：1 克
碳水化合物：44 克		**蛋白質**：3 克

蘋果蛋糕

做 12 份 (每份 = 1 片，每片 1 吋半 x 2 吋)

用料：

糖	1¼ 杯
菜油	¼ 杯
蛋	2 隻
麵粉	2 杯
鹽	1 茶匙
玉桂粉	1 茶匙
梳打粉	1 茶匙
蘋果，切粒	4 杯
蘋果醬	¼ 杯
蘋果，切塊(裝飾糕面)	2 杯
噴霧式菜油	

做法：

1. 烤爐先調至 350 度。
2. 大碗裡將糖、油、和蛋一起拌勻。
3. 另一大碗裡將麵粉、鹽、玉桂粉、和梳打粉混合，加入蛋糊裡拌勻。
4. 再將蘋果粒和蘋果醬加入拌勻。
5. 用噴霧式菜油噴勻烤盆，把蛋糊倒入，放烤爐焗至金黃熟透，約 1 小時。
6. 取出蛋糕，把蘋果塊擺放在蛋糕面作裝飾。

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黃嘉慧現任三藩市衛生署華埠公共衛生局營養主任。她擅長向華人推動營養健康教育，曾應聯合國邀請到中國培訓各省的醫生與營養師，並曾任美國國家癌症學院顧問。黃嘉慧多次獲各獎項包括美國營養協會頒贈之「傑出青年營養師」獎銜，和美國心臟協會的銀獎。

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Recipes are used with permission from "Healthy & Delicious – Simple Ways to Low Fat Chinese Cooking" by Catherine Wong, RD, MPH, and Martin Yan, MS.

Martin Yan is an internationally acclaimed culinary expert in Chinese and Asian cuisines. He has been the host of Yan Can Cook, the worldwide syndicated cooking program since 1978. Chef Yan is the author of 25 best-selling cookbooks and has received numerous national and international honors and awards. He is committed to improving the nutritional wellbeing of the community.

Catherine Wong specializes in wellness programs for the Chinese, and currently works for the San Francisco Department of Public Health Chinatown Public Health Center as the Nutrition Manager. She was invited by the United Nations FAO to train doctors and health providers in the Nutrition Manpower Development Program for the People's Republic of China, and has consulted with National Cancer Institute. Catherine has received numerous awards including the prestigious "Young Dietitian of the Year" award from the American Dietetics Association, and the Silver Award from the American Heart Association.

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三藩市華人每日五蔬果計劃
San Francisco Chinese 5 A Day Project

EAT FRUITS & VEGETABLES AND BE ACTIVE

Nutrition NETWORK FOR HEALTHY, ACTIVE FAMILIES

Feeling Good

September 2005